

NEWS RELEASE

Issued on behalf of Cancer Research Wales

April 28, 2006

TAKE THE CHALLENGE – TO RAISE A MILLION

A CANCER charity is challenging the nation to walk, run, cycle and swim a mile to help raise £1m in a year.

The Cancer Research Wales Million Mile Challenge is open to people of all ages to get active and join the search for a cure for the world's biggest killer.

And the challenge begins in Gwent next weekend – with a day of fun and games at Cwmbran Stadium.

The events on Saturday, May 6, will include a stroll, walk, jog, run and cycle ride around the stadium track, along with an aerobics session and the opportunity of swimming a mile.

People are asked to turn up and take part in whichever event they prefer, paying £1 for the mile they complete or getting friends and family to sponsor them for even more.

The Million Mile Challenge day starts at 10am and finishes at 3pm with the different events being held at specific times throughout the day. Cancer Research Wales patron and former Wales rugby star and Commonwealth Games athlete Nigel Walker will be taking part.

The challenge has been launched in the 40th anniversary year of Cancer Research Wales, with all the money raised staying in Wales to finance pioneering research work being carried out by scientists and doctors in Wales.

Charity chairman Dr Patrizia Hodge said: "There are so many ways to accomplish this challenge – and we're banking on the people of Wales to get behind us to achieve our goal.

"One million pounds can go a long way in the fight against cancer, a disease that touches the lives of almost every person in Wales."

.../2

The line-up for Saturday's Million Mile Challenge at Cwmbran Stadium starts with a Stroll at 10am followed by a Walk, Jog, Run and Cycle around the track, with each event lasting up to 30 minutes. There are hour-long sessions of aerobics at 1pm and swimming at 2pm.

To get involved in the Cancer Research Wales Million Mile Challenge at Cwmbran Stadium, either turn up on the day to register for an event, or contact the charity.

Event packs are available from: Million Mile Challenge, Cancer Research Wales, Velindre Hospital, Whitchurch, Cardiff, CF14 2TL; or ring 029 2031 6976.

-End-

Notes for editors

- Cancer Research Wales was formed by a board of trustees in 1966.
- Cancer Research Wales has its headquarters at Velindre Hospital in Whitchurch, Cardiff.
- Cancer Research Wales is a separate charity from Velindre Hospital and Cancer Research UK.
- All money raised by Cancer Research Wales is spent in Wales
- The money also funds vital research projects, doctors and scientists in Welsh hospitals
- Cancer Research Wales also funds the only dedicated cancer library in Wales, at Velindre Hospital
- The charity's patrons include Nigel Walker and Huw Edwards
- The research team is headed by Professor Malcolm Mason
- Over £3 million has been raised by the charity in the last few years alone.

For more information on this press release please contact Peter Bibby at pbibby@effcom.co.uk or telephone 029 2066 0119 or mobile 07779 783396.